This handout summarizes the Connecticut State Department of Education's (CSDE) Web pages and resources to assist schools with implementing the state and federal requirements for competitive foods in schools. "Competitive foods" are all foods and beverages available for sale to students at school separately from reimbursable school meals. These requirements include:

- Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes (C.G.S.);
- the Connecticut Nutrition Standards (CNS) under C.G.S. Section 10-215e;
- the state competitive foods regulations (Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies);
- the state beverage requirements under C.G.S. Section 10-221p; and
- the U.S. Department of Agriculture (USDA) Smart Snacks nutrition standards for competitive foods (*National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School*).

BEVERAGE REQUIREMENTS WEB PAGE

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322418

Allowable Beverages in Connecticut Public Schools:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/allowbev.pdf

Allowable Milk Substitutes:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/milk_sub.pdf

Competitive Foods Web Page:

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333772

Connecticut Competitive Foods Regulations:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/ctcfreg.pdf

Guide to Competitive Foods in Schools:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/cfg.pdf

Overview of Federal versus State Nutrition Standards for Competitive Foods in Schools (CSDE Operational Memorandum 11-14):

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/opmemos/14/om_11-14.pdf

Requirements for Beverages Containing Water and Juice:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/waterjuicebev.pdf

Requirements for Beverages in Connecticut Public Schools (PowerPoint Presentation):

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/beverages.pdf

Smart Snacks Nutrition Standards Web Page:

www.sde.ct.gov/sde/cwp/view.asp?a=2626&pm=1&Q=335400

Summary of Smart Snacks Nutrition Standards:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/smartsnacks.pdf





COMPETITIVE FOODS WEB PAGE

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333772

Comparison Chart: USDA Smart Snacks and Connecticut Nutrition Standards: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/cnscomparisonchart.pdf

Connecticut Competitive Foods Regulations:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/ctcfreg.pdf

Food and Beverage Requirements for Fundraisers in Private Schools and RCCIs: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/fundnonhfc.pdf

Food and Beverage Requirements for Fundraisers in HFC Public Schools: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/fundhfc.pdf

Food and Beverage Requirements for Fundraisers in non-HFC Public Schools: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/fundnonhfc.pdf

Food and Beverage Requirements for School Stores in Private Schools and RCCIs: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/storepr.pdf

Food and Beverage Requirements for School Stores in HFC Public Schools: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/storehfc.pdf

Food and Beverage Requirements for School Stores in non-HFC Public Schools: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/storenonhfc.pdf

Food and Beverage Requirements for Vending Machines in Private Schools and RCCIs: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/vendpr.pdf

Food and Beverage Requirements for Vending Machines in HFC Public Schools: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/vendhfc.pdf

Food and Beverage Requirements for Vending Machines in non-HFC Public Schools: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/vendnonhfc.pdf

Guide to Competitive Foods in Schools:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/cfg.pdf

Overview of Requirements for Competitive Foods in Private Schools and RCCIs: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/reqpr.pdf

Overview of Requirements for Competitive Foods in Public Schools Not Choosing HFC: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/reqnonhfc.pdf

Questions and Answers on Smart Snacks:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/smartsnacksqa.pdf

Summary of USDA Smart Snacks Nutrition Standards for Competitive Foods: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/smartsnacks.pdf



CONNECTICUT NUTRITION STANDARDS WEB PAGE

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322422

Comparison Chart: USDA Smart Snacks and Connecticut Nutrition Standards:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/cnscomparisonchart.pdf

Connecticut Nutrition Standards for Foods in Schools:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/cns.pdf

Evaluating Foods for Compliance Web Page:

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322430

HFC Web Page:

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322420

List of Acceptable Foods and Beverages Web Page:

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322432

Summary of Connecticut Nutrition Standards:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/summarycns2015.pdf

EVALUATING FOODS FOR COMPLIANCE WEB PAGE

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322430

Guidance on Evaluating School Recipes for Compliance with the Connecticut Nutrition Standards: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/evalrecipe.pdf

List of Acceptable Foods and Beverages Web Page:

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322432

Submitting Food and Beverage Products for Approval:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/fblist/submitproduct.pdf

Worksheet 1 Snacks:

www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cns/cnsworksheet1.xls *Worksheet 2 Yogurt and Pudding:*

www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cns/cnsworksheet2.xls

Worksheet 3 Smoothies:

www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cns/cnsworksheet3.xls

Worksheet 4 Fruits and Vegetables:

www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cns/cnsworksheet4.xls *Worksheet 5 Soups*:

www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cns/cnsworksheet5.xls *Worksheet 6 Cooked Grains*:

www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cns/cnsworksheet6.xls *Worksheet 7 Entrees*:

www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cns/cnsworksheet7.xls Worksheet 8 Non-entree Combination Foods:

www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cns/cnsworksheet8.xls

Worksheet 9 Nutrient Analysis of Recipes:

www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cns/cnsworksheet9.xls

Worksheet 10 Evaluating Recipes for Trans Fat:

www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cns cnsworksheet10.xls Worksheet 11 Evaluating Recipes for Sugars:

www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cns/cnsworksheet11.xls

HFC APPLICATION FORMS WEB PAGE

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322424

Application Procedures for HFC (PowerPoint):

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/hfcapp/application.pdf *Checklist for HFC:*

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/hfcapp/appcheckhfc.pdf *District Contact and Information Sheet*:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/hfcapp/districtcontact.pdf HFC Letter for Superintendents:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/hfcapp/covletter_hf.pdf HFC Statement:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/hfcapp/ed099add.pdf *HFC Statement Instructions*:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/hfcapp/instrhfc.pdf Responsibilities of HFC District Contact Person:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/districtcontactresp.pdf
Summary of Connecticut Nutrition Standards:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/summarycns2015.pdf

HFC DOCUMENTATION WEB PAGE

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322428

Checklist for HFC Documentation:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfcdoc/doccheckhfc.pdf

Districts Required to Submit Food and Beverage Lists:

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322428

Documenting Compliance with HFC (PowerPoint):

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfcdoc/documentation.pdf

Ensuring District Compliance with HFC:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfcdoc/ensurehfc.pdf

Guidance for Documenting Compliance with HFC:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfcdoc/guidehfcdoc.pdf Responsibilities of HFC District Contact Person:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/districtcontactresp.pdf



HFC REQUIREMENTS WEB PAGE

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322426

Connecticut Nutrition Standards Web Page:

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322422

Ensuring District Compliance with HFC:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfcdoc/ensurehfc.pdf

Evaluating Foods for Compliance Web Page:

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322430

HFC Overview:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/reqhfc.pdf

Questions and Answers on Connecticut Statutes for School Foods and Beverages: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/cgsqa.pdf

Food and Beverage Requirements for Fundraisers in HFC Public Schools: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/fundhfc.pdf

Food and Beverage Requirements for School Stores in HFC Public Schools: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/storehfc.pdf

Food and Beverage Requirements for Vending Machines in HFC Public Schools: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/vendhfc.pdf

Requirements for Selling Foods and Beverages in Adult Education Programs: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/adultedhfc.pdf

Resources for Healthy Foods and Beverages in Schools:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/resourceshf.pdf

Sample Fundraiser Form:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/fundformhfc.pdf www.sde.ct.gov/sde/lib/sde/word_docs/deps/nutrition/hfc/fundformhfc.doc

Understanding HFC (PowerPoint):

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/understandhfc.pdf



HEALTHY SCHOOL ENVIRONMENTS

Action Guide for School Nutrition and Physical Activity Policies:

www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322436

Alternatives to Food Rewards:

www.sde.ct.gov/sde/lib/sde/pdf/deps/student/nutritioned/food_rewards.pdf

Guidelines for a Coordinated Approach to School Health:

www.sde.ct.gov/sde/lib/sde/pdf/deps/student/guidelines_csh.pdf

Healthy Celebrations:

www.sde.ct.gov/sde/lib/sde/pdf/deps/student/nutritioned/healthy_celebrations.pdf

Healthy Fundraising:

www.sde.ct.gov/sde/lib/sde/pdf/nutrition/cf/healthyfund.pdf

Healthy School Environment Resources Web Page:

www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=333798

Nutrition Resources Web Page:

www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=333798

Requirements for School Wellness Policy:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/school_wellness.pdf

School Wellness Policies Web Page:

www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322438

LIST OF ACCEPTABLE FOODS AND BEVERAGES WEB PAGE

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322432

List of Acceptable Foods and Beverages Web Page:

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322432

List of Vendors Selling Healthy Foods and Beverages:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/fblist/vendorcontact.pdf

Submitting Food and Beverage Products for Approval:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/fblist/submitproduct.pdf

Summary of Updates:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/fblist/updatesfb.pdf



STATE AND FEDERAL REQUIREMENTS FOR SCHOOL FOODS AND BEVERAGES WEB PAGE

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322416

Beverage Requirements Web Page:

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322418

C.G.S. Section 10-215. Lunches, breakfasts and other feeding programs for public school children and employees: www.cga.ct.gov/2011/pub/chap169.htm#Sec10-215.htm

C.G.S. Section 10-215a. Nonpublic school and nonprofit agency participation in feeding programs:

www.cga.ct.gov/2011/pub/chap169.htm#Sec10-215a.htm

C.G.S. Section 10-215e. Nutrition standards for food that is not part of lunch or breakfast program: www.cga.ct.gov/2011/pub/chap169.htm#Sec10-215e.htm

C.G.S. Section 10-215f. Certification that food meets nutrition standards: www.cga.ct.gov/2011/pub/chap169.htm#Sec10-215f.htm

C.G.S. Section 10-2210. Lunch Periods and Recess: www.cga.ct.gov/2011/pub/chap170.htm#Sec10-2210.htm

C.G.S. Section 10-221p. Boards to make available for purchase nutritious and low-fat foods: www.cga.ct.gov/2011/pub/chap170.htm#Sec10-221p.htm

C.G.S. Section 10-221q. Sale of beverages:

http://www.cga.ct.gov/2011/pub/chap170.htm#Sec10-221q.htm

Competitive Foods Web Page:

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333772

Connecticut Nutrition Standards Web Page:

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322422

Federal and State Requirements for Provision and Timeframe of Daily Lunch Period for Students: www.sde.ct.gov/sde/lib/sde/pdf/circ/circ07-08/C9.pdf

Food and Beverage Requirements for Fundraisers in HFC Public Schools: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/fundhfc.pdf

Food and Beverage Requirements for Fundraisers in HFC Public Schools: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/fundhfc.pdf

Food and Beverage Requirements for Fundraisers in non-HFC Public Schools: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/fundnonhfc.pdf

Food and Beverage Requirements for Fundraisers in Private Schools and RCCIs: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/fundnonhfc.pdf

Food and Beverage Requirements for School Stores in HFC Public Schools: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/storehfc.pdf

Food and Beverage Requirements for School Stores in HFC Public Schools: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/storehfc.pdf

Food and Beverage Requirements for School Stores in non-HFC Public Schools: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/storenonhfc.pdf

Food and Beverage Requirements for School Stores in Private Schools and RCCIs: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/storepr.pdf

STATE AND FEDERAL REQUIREMENTS, continued

Food and Beverage Requirements for Vending Machines in HFC Public Schools: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/vendhfc.pdf

Food and Beverage Requirements for Vending Machines in HFC Public Schools: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/vendhfc.pdf

Food and Beverage Requirements for Vending Machines in non-HFC Public Schools: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/vendnonhfc.pdf

Food and Beverage Requirements for Vending Machines in Private Schools and RCCIs: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/vendpr.pdf

Healthy Fundraising:

www.sde.ct.gov/sde/lib/sde/pdf/nutrition/cf/healthyfund.pdf

HFC Overview:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/reqhfc.pdf

HFC Web Page:

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322420

List of Acceptable Foods and Beverages Web Page:

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322432

Questions and Answers on Connecticut Statutes for School Foods and Beverages: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/cgsqa.pdf

Requirements for Private Schools and RCCIs:

www.sde.ct.gov/sde/lib/sde/PDF/DEPS/nutrition/cf/reqpr.pdf

Requirements for Public Schools Not Choosing HFC:

www.sde.ct.gov/sde/lib/sde/PDF/DEPS/nutrition/cf/reqnonhfc.pdf

Sample Form for Approving Food and Beverage Fundraisers (HFC):

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/fundformhfc.pdf www.sde.ct.gov/sde/lib/sde/word_docs/deps/nutrition/hfc/fundformhfc.doc

Smart Snacks Nutrition Standards Web Page:

www.sde.ct.gov/sde/cwp/view.asp?a=2626&pm=1&Q=335400



SMART SNACKS WEB PAGE

www.sde.ct.gov/sde/cwp/view.asp?a=2626&pm=1&Q=335400

Food and Beverage Requirements for Fundraisers in non-HFC Public Schools: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/fundnonhfc.pdf

Food and Beverage Requirements for Fundraisers in Private Schools and RCCIs: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/fundpr.pdf

Food and Beverage Requirements for School Stores in non-HFC Public Schools: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/storenonhfc.pdf

Food and Beverage Requirements for School Stores in Private Schools and RCCIs: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/storepr.pdf

Food and Beverage Requirements for Vending Machines in non-HFC Public Schools: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/vendnonhfc.pdf

Food and Beverage Requirements for Vending Machines in Private Schools and RCCIs: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/vendpr.pdf

National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School (Federal Register, Vol. 78, No. 125, June 28, 2013): www.gpo.gov/fdsys/pkg/FR-2013-06-28/pdf/2013-15249.pdf

Overview of Requirements for Competitive Foods in Non-HFC Public Schools: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/reqnonhfc.pdf

Overview of Requirements for Competitive Foods in Private Schools and RCCIs: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/reqpr.pdf

Questions and Answers on Smart Snacks:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/smartsnacksqa.pdf

Smart Snacks Calculator Web Page:

http://rdp.healthiergeneration.org/calc/calculator/

Smart Snacks Product List Web Page:

https://www.healthiergeneration.org/live_healthier/eat_healthier/alliance_product_navigat or/browse_products/?product_category_id=720

Summary of Smart Snacks Nutrition Standards:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/smartsnacks.pdf

Tools for Schools: Focusing on Smart Snacks Web Page:

www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks



For more information contact Susan S. Fiore, M.S., R.D., Nutrition Education Coordinator, Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457, 860-807-2075, susan.fiore@ct.gov

This handout is available at www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/resourceshf.pdf.

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